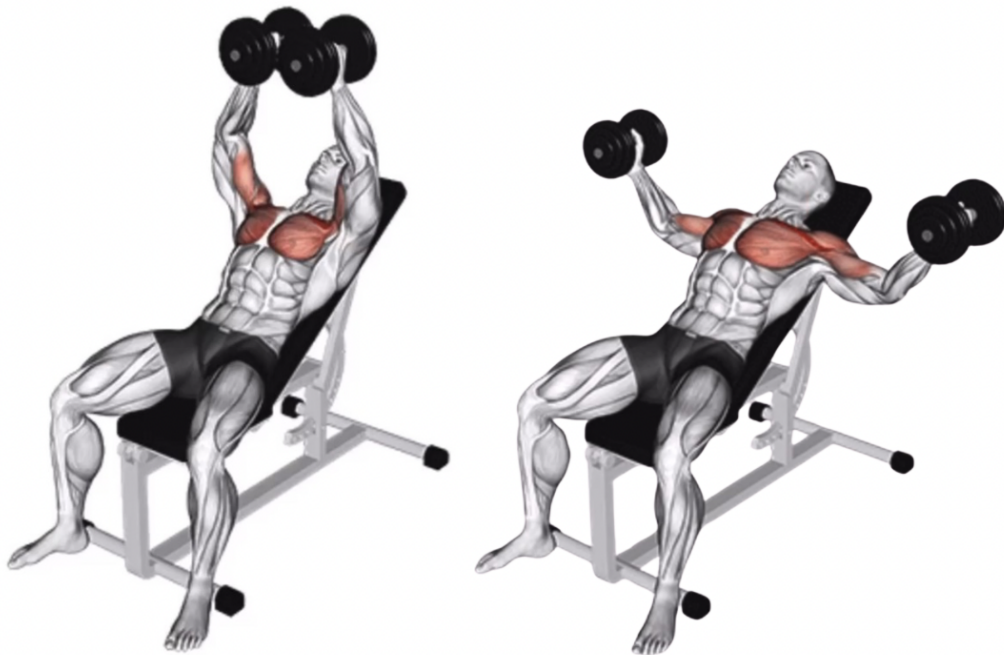


## HOW TO PERFORM AN INCLINE PEC FLY

### MUSCLES WORKED

UPPER PECS, ANTERIOR DELTOID,  
BICEPS



1. Set up an incline bench to 15-30 degrees, then lie back so head and back are in contact with the bench. Place your feet flat on the floor.
2. Hold the dumbbells above your chest with palms facing each other, then press them straight up by extending the arms. Make sure to keep a soft bend in the elbows.
3. Take a deep breath as you slowly lower the dumbbells in an arc direction, until the arms are almost parallel to the ground and dumbbells are in line with the chest.
4. Breathe out as you squeeze your chest to push the dumbbells back together.

## COACHING TIPS:

The incline dumbbell fly will require less load than chest pressing movements, as well as the flat bench fly due to lesser involvement from the lower chest.

Choosing a weight that allows you to maintain correct form will help to protect the shoulder joint.

Maintaining correct form also helps protect the shoulders.

Keep a soft bend in the elbows and only lower the dumbbells to chest height, no further.

It can be helpful to think about hugging a tree when moving the arms in an arc direction.